



Kapustnyak (Sauerkraut Soup)

Made with Polish Barrel Sauerkraut

Serves 8

Cook Time: 35 min

Ingredients:

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| 3 Medium potatoes, peeled & sliced | 8 cups Low-sodium chicken broth |
| 1 Stick celery, finely diced | 2 cups Water |
| 1 Medium onion, finely diced | 1 15 oz can White Beans |
| 2 Medium carrots, finely diced | 8 oz Bacon, chopped |
| 1/4 cup Quinoa | 1 tbsp. Olive oil |
| 2-3 cups Sauerkraut, rinsed & drained | Salt & pepper, to taste |

Directions:

1. Heat 1 Tbsp oil in a large soup pot or Dutch oven. Add chopped bacon and sautee until browned. Remove with a slotted spoon and reserve. Add chopped celery and onion to pot, saute until softened and golden (5 min).
2. Add sliced carrots, potatoes, 1/4 cup quinoa (if using), chicken broth and water. Bring to a boil then reduce heat and simmer 15 min.
3. Add sauerkraut and half of cooked bacon, white beans with their juice, and 1 bay leaf to the mixture and continue to cook until potatoes are tender (about 10 min). Season soup to taste. Serve with fresh crusty bread.